

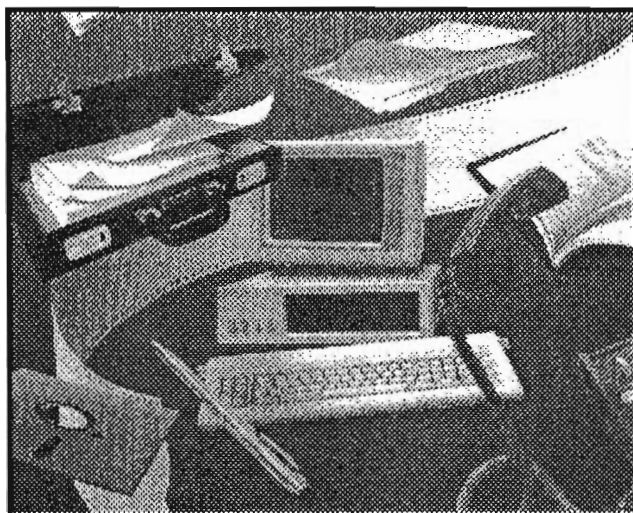


**ST. LOUIS ARMY ENGINEER DISTRICT**

# **ESPRIT**

VOL. 26 NO. 4

APRIL 1989



**Professional  
Secretaries Week  
April 23-29**

**National  
Library Week  
April 9-15**



See stories on pages 4 & 5



# Corbin's Comments by Col. James E. Corbin



Hi! I'm told it's that time of the month again -- at least I suspect it is because Kenny sic'd Jean on me again. And then at the bowling alley Friday night Karen got after me!

Let's spend a couple of minutes and talk about priorities. What are our most important priorities and why are they important?

For my money, taking care of ourselves, our families and friends, and each other is the most important priority we have. Gang, if we don't do that well, guess what -- everything else suffers, and in fact may become academic.

I'm not talking about a production line view, but rather our mental and physical health; our quality of life and the quality of experiences that make it worth living; our tolerance for each other that allows us to make honest mistakes and grow from those experiences without concern or fear; our ability to overlook the "sibling rivalries" that occur at home and in the work place. (Incidentally, guess what? I heard someone in Construction actually say something nice about the Design Branch the other day -- "will wonders never cease!" Maybe there's hope for us!) We are a very special group of people. We need to make this adventure called life the best it can be!

As an example, at last count over 200 of us have signed up for the "Fit to Win Program." That's great! It's our program and it's intended to make our life a little better. If it doesn't, then let us know so we can work on it and make it better. Incidentally, one of our fellow employees told me he signed up because his wife thought he should. I hadn't

thought about spouse pressure before. Spouses get after your other half! Whoops -- sounds kind of pornographic doesn't it. In any event, the intent of that program is to heighten the quality of your life. For those of you who "stick with it" you will find it one of the very best investments of time, effort and money you've ever made.

Does the government benefit from the program? Sure -- by you being a healthier, happier person! But that's really only a side benefit. The real value is to you, so take advantage of it!

Not sure where we are in the Alternate Work Schedule. Had to send it to Division for some reason. Shouldn't really matter to anyone but us as long as we do our job. That's another area where an overwhelming majority have told me we want to try it -- and I see no reason not to. I have every intention of instituting it as soon as we can. The only proviso I've put on it is that we must be able to do our job as a District on a daily basis during the hours that the rest of the world would be expecting us to be available and working.

Once again, this is a program designed to make your life a little better, at least that's the reason behind it.

I gave you a similar dissertation soon after I got to the District, but I'm concerned that some of us really didn't believe me. On 4 April we begin a series of discussions that we're going to try quarterly over at the Soldiers Memorial. I'll spend some time (about 30 to 45 minutes) discussing where I think the District is, where I think we're going and why. Then we'll spend the remainder of the time discussing items of mutual concern, hopefully in a two-way dialogue. The intent is to allow us to interact directly, share our thoughts and shape our strategy for the future. In the process I hope to improve communication, understanding and morale for both you and me!

Next month I'll get back to priorities again in terms of work-related items. However, the foundation of a good organization is you and me and the people on each side of us. If we don't have that tied together properly, we won't be successful no matter how hard we work.



**US Army Corps  
of Engineers**  
St. Louis District

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District Commander.....James E. Corbin

Chief, Public Affairs.....Clyde Wilkes

Editor, Design, Layout...Ken Kruchowski

Assistant Editor.....Karen Crow

Address mail to: U.S. Army Engineer District, St. Louis, ATTN: CELMS - PA, 210 Tucker Blvd, North, St. Louis, MO 63101-1986. Phone: (314)263-5662.



# Professionalism: The social dimension

Do you belong? Do you interact with your counterparts in other organizations? Are you a member of an association of professional colleagues?

If not, you are short-changing yourself, your fellow employees and the District.

You are short-changing yourself by missing out on an invaluable source of information and advice. You are missing out on the latest trends and developments in your career field. You are failing to take advantage of interchange which can make you a more capable and effective (and valuable) employee.

If you take any pride in your work, you are cutting yourself off from personal satisfaction, recognition and reinforcement by isolating yourself from your peers. You are also blocking off a source of assistance in obtaining or up-grading your accreditation, another essential ingredient in career enhancement. You may also be missing out on a lot of fun.

You are short-changing your fellow employees and the District by failing to provide a two-way channel of positive reinforcement. By not belonging, you eliminate the opportunity to contribute your knowledge and experience. You fail to make yourself the best team-player you can be. And, finally, you fail to project the District's image and prestige to your counterparts.

In this era of cost-sharing and project partnerships, the District needs

more than ever before to be represented in a positive way, to every possible audience. Professional associations are important and influential audiences.

Totally confining your-

self to the immediate duties of your job is not the best approach for you, your career or the District.

Professionalism does, indeed, have a social dimension.



Are you among the missing? Accreditation is also an important factor in professionalism and in enhancing the District's professional prestige.

## District related associations

Accountants, Association of Government  
Blacks in Government  
Business Women, Association of  
Civil Engineers, American Society of  
Comptrollers, American Society of Military  
Cost Engineers, American Association of  
Electrical and Electronic Engineers, Institute of  
Engineering Management, American Society for  
Engineers Club of St. Louis  
Federal Executive Board  
Floodplain Managers, Association of State  
Geological Society of America  
Geologists, Association of Engineer  
Geologists, Association of Missouri  
Geophysical Union, American  
Geophysicists, Society of Exploration  
Historical Preservation, National Trust for  
Landscape Architects, American Society of  
Large Dams, United States Committee on  
Mechanical Engineers, American Society of  
Military Engineers, Society of American  
Navigation Congresses, Permanent International Asso-

(Continued on page 4)



# National Library Week, Apr. 9-15

## Leave transfer program

Theme: Ask a professional. Ask a librarian

The District Library is hosting several events during the widely celebrated National Library Week especially for the St. Louis District staff. Highlights of the week include attendance prizes,



### From your Technical Library

lectures, free public library card registration and an Open House. The prizes include a special book and a frameable poster, details of which are posted in the library and on bulletin boards.

The event for Wednesday, 12 April, is a lunchtime lecture entitled, "The Right Stuff: Finding Information on the PC, or How You Can Work Smarter in the Office or at Home." The Open House on Friday, 14 April, will pro-

vide a chance for all to see how the integrated automated library system works for you. As a special treat, cookies and punch will be served throughout the day.

The lunchtime lecture will feature a guest speaker on "Rediscovering a Treasure: The Revitalized Downtown St. Louis Public Library."

The drawing for the prizes will take place after the talk. Throughout the week, the library staff will also be conducting short information sessions about the many opportunities the library has to offer.

Remember, ASK A PROFESSIONAL. ASK A LIBRARIAN.

So far the government's Leave Sharing program has helped many employees who have been forced to take time off from work in excess of their accumulated annual and sick leave.

The following is a list of some local people who have benefited from your kind donations:

Ms. Shiela Rodriguez expressed her appreciation and thanks to all employees who donated annual leave to her in her personal emergency in last month's ESPRIT. A total of 415 hours were donated by concerned employees of this District. These 415 hours represent a total of \$7230 which would have been paid to these employees if they had kept the leave for themselves.

An appeal went out to all employees for Dan Carpenter, HQUSACE, who is currently being treated for cancer. A total of 183 hours have been donated to him which represents a total of \$3204. HQUSACE has expressed appreciation for Dan for these generous donations.

An appeal went out to all employees for Cindy Ware, a former employee of the Corps, who had been approved as a leave recipient at AVSCOM. A total of 112 hours were donated to Cindy, representing a total of \$1683. AVSCOM has expressed appreciation for Cindy for these generous donations.

## Associations (Continued from page 3)

ciation of

Personnel Administrators, American Society of Professional Engineers, National Society of Professional Geologists, American Institute of Property Management Association, National Public Relations Society of America  
Radiological Emergency Managers Association, Missouri Rock Mechanics, International Society of Security, American Society for Industrial Soil Mechanics, International Society of Toastmasters  
Transportation Association, National Defense U.S. Army, Association of the Value Engineers, Society of American Women's Association, Business and Professional Women, Federally Employed



# Professional Secretaries Week - Apr. 23-29

Professional Secretaries Week and Day originated thirty-seven years ago, when the Secretary of Commerce, Charles Sawyer, proclaimed the first week in June 1952 as Professional Secretaries Week. Three years later, the week was changed to the last full week in April and Wednesday of that week was selected as Professional Secretaries Day. Those dates have been observed ever since.

Although Professional Secretaries Week is relatively new, the secretarial profession is not. The first secretaries were those cavemen who inscribed history on the walls of their dwellings. In the Persian Empire, scribes recorded battles on stone tablets, chiseling each letter into rock. In the Roman Empire, if a stenographer made a mistake the nerves in the fingers were cut! During the Middle Ages, monks in monasteries took great pride in creating beautifully illustrated manuscripts embellished with gold flourishes. Later, in Charles Dickens' time, the way men worked themselves into business was to begin as a scribe or clerk. Male secretaries to rich men began to emerge during the 1800's and early 1900's. These positions were highly prestigious and highly sought by educated young men.

The evolution to a female dominated field began

when the typewriter was introduced in the late 1800's. The YMCA trained eight women as "typewriters" in 1873 and physicians were brought in to certify that the women's physical and mental abilities were strong enough to withstand the pressure. Many predicted women's minds would snap and their constitutions break down! Today, about 98



percent of the profession is female. Men are rediscovering the field, though, and new technology seems to be the main drawing card. The number of men in the secretarial profession has doubled in the last five years.

The secretarial profession today is attracting worldwide attention because business has come to recognize that secretaries are decision makers. Secretaries represent tremendous numbers. They comprise the largest office occupation in the United States numbering

nearly five million and the numbers are expected to grow 10 percent by 1995. Like every other profession, secretaries have a professional organization to represent them. Professional Secretaries International (PSI) is responding to requests of business for well-trained secretaries by introducing both secondary and postsecondary curriculum.

PSI's emphasis on education, professionalism, and career growth makes that organization an indispensable element of the modern corporate community.

The Federal Women's Program Committee is sponsoring a Lunch and Learn program on Monday, 24 April, at 11:30 in Room 1040 featuring the President of the St. Louis Chapter of

PSI. She will bring information about joining the organization and about the benefits of belonging. One of those benefits is taking advantage of the opportunity to become a Certified Professional Secretary. The FWP Committee strongly encourages all administrative office support personnel in the District to attend this highly informative talk to learn more about this opportunity. Come LUNCH and LEARN!!



# On the Soapbox

Telling the District's story last month were:

## Around the District

Dr. Michael (Sonny) Trimble (PD-A) presented an invited lecture to 150 people at Harvard University, Cambridge, Massachusetts, on "French Colonial Archaeology in the St. Louis District." He also presented the results of recently completed research on the effects of white contact on upper Missouri Indian populations during the 18th and 19th centuries to 50 people at an invited symposium at the Smithsonian Institute, Washington, D.C.

Clyde Wilkes, Chief, Public Affairs Office, was interviewed by the Post Dispatch for their "Talking Business" column about the economic impacts of low water on the Mississippi River.

Jack Niemi, Deputy for Project Management, addressed the Mark Twain Lake Association at its annual dinner meeting. Jack updated the Association on the status of Corps facilities at the lake.

## Melvin Price L&D

Jack Vizer gave a slide presentation and tour to the Long-Term Resource Management Program. He also conducted tours for members of the Green County Highway Department and a video presentation of the project on the Missouri overlook to 40 6th grade students of Captain's School. Jack also gave presentations to students in the Madison Farm Bureau.

Sig Groetsch gave a tour and videotape presentation to members of Cub Scout Pack 9 and conducted a tour at the top of the dam to Boy Scout Troop 940. Sig also spoke to 15 Cub Scouts from Godfrey, Illinois.

Milt Walter gave a construction tour of the site to 31 members of the Helmsmen First United Presbyterian Church.

Larry Wernle & Sig Groetsch also gave a tour to 33 members of the Illinois Society of Professional Engineers.

Ed Berghoff and Sig Groetsch conducted a tour of the dam site for 23 exchange students from Markroningen, West Germany. These students possessed a keen interest in seeing the facility after hearing about it from their predecessors.

## Mark Twain Lake

Park Ranger Chuck Crocker gave Cub Scouts from Ursa, Illinois, a tour through the M.W. Boudreaux Memorial Visitor Center and the Clarence Cannon Power Plant. Chuck was interviewed on radio station KPCR, Bowling Green, Missouri. He talked about this year's fishing prospects and new construction at Mark Twain Lake. Chuck also gave Cub Scout Pack 132 from Monroe City a tour of the Visitor Center and discussed early inhabitants of the Mark Twain Lake area.

Park Manager Dennis Foss presented a lake update to 40 members of the Ralls County Democrats Club at an evening gathering.

Assistant Park Manager Dave Berti spoke to the Early Bird Kiwanis Club in Hannibal, Missouri. He talked about development at Mark Twain Lake, the impact of the lake on regional tourism and ways to increase local involvement in the lake area.

Stay-in-School Park Ranger Vanessa Peters staffed the Mark Twain Lake display during the recent Lake Association banquet at the Hannibal Holiday Inn.

Park Rangers Chuck Crocker and Jo Ann Harlow participated in "A Day With Wildlife" program in Memphis, Missouri, at the Scotland County High School. The





multi-agency event was visited by children from area schools during the day and by interested members of the public during the evening hours.

## Lake Shelbyville

Park Ranger Joe Laird presented a program "Recreational Opportunities of Lake Shelbyville," detailing the duties of a park ranger, to 20 "Royal Rangers", a youth group at the Assembly of God Church in Shelbyville.

## Rend Lake

Park Ranger Ray Zoanetti and Park Aid Jackie Brachear manned a Rend Lake exhibit at the S.I.U. Boat and Recreation Show in February.

Park Ranger Ken Pierson coordinated the placing of fish attractors in the lake and conducted interviews with WSIL-TV, WSPD-TV, WDDD-Radio, WQRL-Radio and the Southern Illinoisian concerning that program. The fish attractor program was coordinated with the Illinois Department of Conservation and local fishing clubs.

Park Ranger Ray Zoanetti conducted telephone interviews with WMIX-Radio and

WDDD-Radio concerning the Rend Lake Recreation Information Network.

## Wappapello Lake

Park Manager Michael McClendon was interviewed by radio station KJEZ of Poplar Bluff, Missouri. He dispelled rumors about drawing the lake level down below normal summer pool. He updated lake users about the effect of heavy rainfall on the lake level. Mike was also interviewed by the Journal/Beacon newspaper of Poplar Bluff. He talked about Wappapello Lake being in the top seven projects in the nation.

Park Ranger Dan Camden and Stay-in-School Devin Amelunke attended a two-day AG Expo at Three Rivers Community College. They informed the public on the Corps role in Resource Management and Conservation.

Park Manager Mike McClendon and Park Rangers Doug Nichols and Andrew Jefferson made a presentation titled "Better Customer Care" to 40 U.S. Forest Service employees. They gave a tour of cost efficient and improved public facilities, and also discussed the Corps' informative programs.

## Bicentennial dates

The House of Representatives achieved a quorum and elected Frederick Muhlenberg first Speaker of the House on April 1, 1789. On April 6, the Senate achieved a quorum and chose John Langdon as the first President Pro Tempore of the Senate.

General George Washington was inaugurated as president on April 30.

## For Sale

18 ft. fiber glass, tri-hull, Glastew boat with 100 horsepower Evinrude motor and trailer. Call F. Burnett at 899-0650.

Available now, 3 bedroom ranch in St. Peters with 1 & 1/2 baths, fireplace, some appliances and oversized garage and deck. \$625.00.

Available May 1, 1989

4 bedroom, 2 story in Park Charles South Subdivision, St. Peters, some kitchen appliances, 2-car garage, cement patio, 2 & 1/2 baths, fireplace, central air, gas heat. \$725.00. Call Pat Rosenthal, Melvin Price Lock & Dam 899-0650 or at home 947-6130.

## Ask Mr. Foster

Ever thought about taking a cruise? I'm sure we all have. Can't afford it? A cruise to some exotic ports can be more affordable than you think.

Pack a lunch and come to learn about some exciting cruises at a Brown Bag Vacation show presented by Ask

Mr. Foster travel agents.

Travel videos will run continuously from 11 a.m. to 1 p.m. on April 18 in Room 1040. Ask Mr. Foster travel agents Kelly Derrington and Chuck Tiskos will help answer your travel questions.

## Car pool member wanted

Looking for an additional member to an existing three member car pool. Location in the vicinity of Page 270. Working hours 7 a.m. to 3:30 p.m. Call Dave at 263-5677.



# News Briefs

## New radio number

The Greater St. Louis Resident Office moved to the Service Base on 6 January 1989 from its prior location at Locks 27 in Granite City, Illinois. The new location is next door to the District Radio Room, making it unnecessary for us to keep a base radio set.

To contact the Greater St. Louis Resident Office by radio do not use WUG 5300 (the old call sign). Call the Service Base on WUG 5 and ask to speak to the Greater St. Louis Resident Office.

## New baby

The Rend Lake family has a new member. Little eight pound, three ounce Steven Allan was born to Dawn and Mike Kovarik on Monday, 13 February. Dawn is a park ranger at Rend Lake working in the Natural Resource Management Shop.

## Fishing tournament

The first fishing tournament of the 1989 season at Mark Twain Lake was held on March 18th. The tournament, sponsored by Bass World Sports, started at the Indian Creek Marina and was the first of 120 tournaments already scheduled to be held on the lake in 1989.

## Another new baby

Park Ranger Joe Smothers and wife Darla are proud parents of Nicholas Fred Smothers, a 7 lb., 10 oz. baby boy.

## Donkey basketball

The Wappapello Lake staff was challenged to a Donkey Basketball game by the Wappapello Lions Club. The Lions Club defeated the Corps, 10 to 8, in two five-minute halves. The Corps team missed two shots in the final seconds that would have tied the game. Boo. Hiss.

## Fish habitat

Twenty volunteers and the Illinois Department of Conservation placed 1200 Christmas trees in Lake Shelbyville for fish habitat. A chili dinner was provided for the participants. Park Ranger Mike Thompson coordinated the program.

## Volunteer banquet

Lake Shelbyville's annual Volunteer Banquet was held in February. More than 50 people attended the potluck supper. Park Manager

Winston Campbell presented seven castle plaques to those volunteers who contributed more than 240 hours of service. Park Rangers Jim Sandburg and James Lindley coordinated the event.

## Scouts award Corps

The Lincoln Trail Council of the Boy Scouts of America presented a plaque to the Corps of Engineers at Lake Shelbyville for "Cooperation in the development of the Illini Hiking Trail" at its annual recognition ceremony. Lake Manager Winston Campbell accepted the award on behalf of the Corps.

## Recreation info network

Rend Lake has unveiled its Recreation Information Network (R.I.N.). This system will replace the old Recreation Hotline. R.I.N. can be accessed by calling 435-2765 or tuning your AM radio to 530 KHz. The network will include daily updates as well as expanded lake information. It is designed to reach most parts of the lake as well as I-57 travelers.

## Groundbreaking

On 20 March Governor James Thompson and the Illinois Department of Conservation held a ground breaking ceremony at Wayne Fitzgerald State Recreation Area. The new area will feature a convenience store, hotel, duplex cabins and a restaurant.



**Promotions and Incentive Awards****PROMOTIONS:**

Jackie Jones, DC  
Ladonna Supancic, OD  
Donna Adams, OD  
Richard Hagan, ED  
Laurie Busse, ED  
Fred McLard, ED  
John Schott, ED

**EXCEPTIONAL PERFORMANCE RATINGS:**

Edward Pelc, ED  
Thomas Niedernhofer, ED  
Robert Rapp, ED  
Robert Johnson, ED  
Roger Hoell, ED  
James Reed, ED  
Earl Ehlers, ED  
Stanley Ebersohl, OD  
Michael Kruckeberg, ED  
John Scanlon, ED  
Gary Stilts, OD  
Natalie Eschmann, PD  
Edward Demsky, ED  
Darryl Heck, OD  
Jeanette Wellen, OD

**SPECIAL ACT/SERVICE AWARDS:**

John Clark, ED  
Anson Eickhorst, PD  
Richard Mankus, PD  
William Nettles, RE  
William Levins, RE  
Kenneth Koller, DP  
Woodrow Sandlin, RE  
William Sutton, DP  
Kathleen Steinlage, PD  
Walter Feld, OD  
James Hill, PD  
Martha Vieira, PD  
Maureen Murrin, OD  
Donald Hall, CD  
John Perulfi, PD

**PERFORMANCE AWARDS:**

Carroll Hutson, ED  
Morris Dirnberger, ED  
Mark Alvey, ED  
Peggy Gravot, OD  
Gary Groenemann, SO  
Thomas Hewlett, RE  
Robert Rapp, ED  
Paul Kornberger, OD  
Maria Shafer, OD  
Michael Banovz, IR

## CAC still offers Corps clothes

The Civilian Activities Council (CAC) will be taking orders for wearing apparel with either the Corps Castle or Steamboat logo in either red or white. The following items are available at the same cost per item as last year.

Caps (baseball or golf style)

Shirts (T-shirts, v-neck sports shirts, golf)

Sweat pants and shirts

Jackets (lined or satin style)

Corps Castle belt buckle

All items may be viewed during the month of April in the eighth floor display case.

In accordance with the District fitness program and by popular demand, sun visors, tote bags, gym shorts and gym bags will also be available by May. Requests for additional information should be directed to Bill Stroud (ED-HP) at 263-5852.

## A thank you note

I would like to express my thanks to all of my friends and fellow employees for the many cards and letters and best wishes that I received during my hospitalization and extended absence from work. The kind thoughts expressed were greatly appreciated.

John B. Hallquist, III

John is still recuperating from his recent operation. He is expected to return to work about April 10.



# To your health

## One-spot trim? No way!

If you want to trim fat from one specific area, we're sorry to tell you that... there's no way to do it.

Regardless of claims by health clubs, exercise equipment sellers, and heat belt ads, your body just doesn't work that way.

When men gain weight it's generally concentrated around the midsection. So, are sit-ups the answer? No. They strengthen and tone the muscles, but the same amount of fat will still be on top of them. The same is true for fatty deposits on the upper thighs. Women may do exercises which will make the muscles toned and strong, but the fat will still be there.

Covert Bailey, researcher at the Harvard Medical

School, says aerobic exercise is the only way to get rid of fat. When large sets of muscles are exercised, fat is drawn from all parts of the body to meet energy requirements. And the largest sets of muscles in the body are in the legs and buttocks -- the muscles used in any aerobic exercise.

In women fat deposits form first at the back of the thigh, then on the outside, then the hips, then the midriff, and finally in the upper body, particularly under the arms. These deposits disappear in reverse order.

That means that even if you're doing aerobics that use the legs primarily, you will lose fat from the arms first and the legs last.

## Breast cancer numbers growing

Beginning in 1984, the Federal Center for Disease Control (FCDC) conducted a three-year study on the premature mortality rate of breast cancer patients. The statistics, released in early 1988, are alarming, but we quote those figures here to alert you to the seriousness of this disease if left undetected.

The FCDC reports statistics in years of potential life lost (YPLL) before age 65. Breast cancer alone accounts for nearly 26 percent of all YPLL due to cancers among women and is the leading contributor to premature mortality in this category. Caucasian women account for 84 percent of all

(Continued on next page)

## Ultimate snack - Brussels sprouts

The United States Department of Agriculture says their research shows that sweets can undo the benefits of eating less fat and more fiber.

Research scientist Dr. Sheldon Reiser of the Human Nutrition Research Center says high sugar consumption is also linked to high levels of blood triglycerides, a

condition that may lead to heart disease.

Eating vegetables and whole grains can help keep blood cholesterol down. Under Dr. Reiser's direction adults on a complex carbohydrate diet ate no sugar for 13 weeks.

When simple sugars such as those found in candy and processed sweets were added,

blood cholesterol levels went up.

What does Dr. Reiser recommend for a snack? His favorite is Brussels sprouts. They contain complex carbohydrates and fiber, beta-carotene and lots of vitamins and minerals.

**Cancer (continued)**

YPLL due to breast cancer as compared to 15 percent of black women and 1 percent of all other races.

These figures take on particular significance for breast cancer because of the dramatic changes taking place in the numbers of women at risk. Just prior to 1945, the birth rate accelerated rapidly. Those women born in this time have now reached the ages (40 and over) when breast cancer incidence begins to increase at an alarming rate.

According to current estimates, about 130,000 new

cases of breast cancer were detected with more than 41,000 deaths resulting from the disease. Survival is greatly improved if breast cancer is detected early before it has a chance to spread. However, only about 50 percent of breast cancers are diagnosed while still localized to the breast. Without increased regular screening, premature and overall mortality from breast cancer will rise. And until screening becomes a routine preventive practice, mortality from breast cancer will remain an increasingly serious health problem.

## **Cancer lecture**

April is National Cancer Month. The Public Health Nursing Staff has made arrangements for Sharon Neumeister (Health Education Coordinator) for St. Luke's Hospital to give a lecture on Breast Cancer, April 26, in Room 1040, from 10 a.m. to 11 a.m.

## **Type-A? Watch the booze**

A study published in Psychomatic Medicine shows that sedentary middle-aged men with Type-A behavior pattern drink about twice as much alcohol as those who aren't Type-A. The difference was the same regardless of education or income. Type-A's have a high sense of urgency, are easily driven to hostility, ambitious and are typically immoderate. Alcohol is generally viewed by Type-A's as a stress reliever.

## **Sniff of death**

By Evelyn D. Harris  
American Forces Information  
Service

Not all drugs abused by children and teen-agers are illegal -- nor are they even drugs when used as intended. A recent survey of drug abuse among teen-agers showed that inhalants are the only substances that more teen-agers reported abusing in 1987 than in 1982. The survey included high school seniors in Department of Defense Dependents Schools and in stateside public and private schools.

Popular inhalants include toluene (used in paint mixtures), nitrous oxide (used to foam whipped cream in cans), butyl nitrites, gasoline and glue. Sniffing these substances produces a "high" that can last anywhere from a few seconds to a few hours. Common reactions include drowsiness, headache and nausea.

Sniffing inhalants displaces oxygen in the lungs -- and could lead to sudden death from suffocation. Death could also result if the central nervous system is slowed so much that breathing stops. Large doses can cause the heart to stop because of insufficient oxygen to circulate the blood. Or inhalants can cause nausea, leading to death from choking if the person is unconscious when vomiting occurs.

According to the National Institute on Drug Abuse, long-term inhalants abusers can permanently reduce physical and mental capabilities and cause damage to liver, kidneys and blood.

Young people between the ages of 7 and 17 are more likely to abuse inhalants, in part because they are readily available and inexpensive.



# Retiree Review

Well, the March luncheon was different but enjoyable. There were 47 present at the first luncheon held away from Pietro's, after more than 20 years there. The room, the food, the bar and the service at the Salad Bowl seemed to please most everyone.

There was a great deal of discussion about various possible meeting places, but no decision was reached for the long-term. In the meantime, the consensus was to keep thinking about it and to come back to the Salad Bowl in April.

Unfortunately, by the time that was decided, the Third Thursday in April was already booked-up. So, another break with tradition: The April luncheon will be held on WEDNESDAY the 19th, at the Salad Bowl for more consideration.

There was one First-Timer: Larry White, formerly of Logistics Management and the old Office of Administrative Services, who retired the first part of March.

Present for the second time was George Little, of Collinsville.

Most of the regulars were there and several we hadn't seen for awhile: Loren Ligon, Ulas Wilson, Ollie Hessler and John Jansen, among others.

Elmer H. was back and told of visiting with the Bakers and talking to Ruth Pollaro. Bob Maxwell and Roger Cuddeback continued their unbroken strings and Homer Duff has still only missed once since he retired.

The sad notes for March were news that Mary Lamb was buried in Fort Smith, Arkansas, in February, and the Mary Pedroli had suffered a stroke. Pedroli is doing all right and getting around with a walker.

So, come join us in April: WEDNESDAY, April 19, at the Salad Bowl, 3949 Lindell (the bar opens at 11).

## Retirements...

Catherine Gieselman retired on April 3, after 17 and a half years of federal service, more than 16 of which were with the Corps. Cathy worked in Finance and Accounting section of the Comptroller's Office. She handed out many a travel expense reimbursement check.

Carroll Hutson retired April 1 after more than 37 years of federal service, more than 33 years of which were with the Corps. Carroll worked in the Foundations and Materials section in Engineering.

## New rules for EE Bonds

In 1990 there will be a change in the law that exempts all interest on Series EE Bonds from federal income tax.

The new rules apply only to EE's purchased in 1990 and after. Tax on interest will be completely forgiven to families with adjusted gross incomes of \$60,000 or less. The break decreases gradually and will disappear for couples earning \$90,000 or more.

Parents may buy EE Bonds in their own names and redeem without tax on the interest if money is used for a child's higher education. Money must be spent the same year expenses are incurred. Grandparents or other relatives won't qualify unless the child is their dependent.

To find the exact amount of interest accumulated on EE Bonds, get a copy of the booklet "Tables of Redemption Values of U.S. Savings Bonds" from the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402.

The Series EE Bond version costs \$1. The E Bond version, \$2, and the U.S. Savings Note version is free. Banks and S & Ls have the booklets on hand and might photocopy pages if you ask them.



## Bush has high regard for public servants

By Tom Joyce  
American Forces Information Service

President George Bush recently expressed his high regard for public servants at a gathering of senior federal executives in Washington, D.C. There he called public service the "highest and noblest calling" and then asked the audience to join him as full partners on his team.

"You work hard, you sacrifice, you deserve to be recognized, rewarded and certainly appreciated," said Bush. "I pledge to try to make federal jobs more challenging, more satisfying and more fulfilling."

Bush called federal workers the "unsung heroes" in America and promised to lead, to listen and to serve beside them.

The president used his first public address outside of the White House since his inauguration to tell 3,700 senior managers that improving the quality, morale and performance of the public service was a high priority in his administration.

Joan Keston said Bush's speech signaled a fresh approach toward the nation's 2.5 million civilian workers. Keston is executive director of the Public Employees Roundtable, a non-profit, non-partisan coalition of 27 management and professional organizations representing more than 800,000 local, state and federal employees.

"The president clearly showed that he understands the challenges facing the federal employees," she said. "And the fact that he chose career civil servants as his first audience outside of the White House since his inauguration sends a strong and positive signal to the work force."

During his address, Bush -- who was surrounded by the vice president and most of his Cabinet members -- urged the senior executives to work as a team with all levels of the federal work force to serve as examples of cooperation and excellence.

He asked the executives to listen closely to their employees. "The civil servants on the front lines know what works because they're right there," he said. "Whether they're working with disadvantaged children, promoting American exports or managing our public lands, they are in touch with the American people."

Bush also stressed his conviction that those in public service must adhere to the highest ethical standards.

He concluded by saying that he was honored to work with career civilian employees. "As we embark on this great new chapter in our nation's history, I want to tell you... I am proud of you and very glad that we will be working to write this chapter together."

## Bush calls for defense freeze at fiscal 1989 levels

By Jim Garamone  
American Forces Information Service

President George Bush presented his fiscal 1990 and 1991 budget to Congress and asked that defense spending be limited to fiscal 1989 levels plus inflation.

This will mean a defense budget in fiscal 1990 of \$299.3 billion, down from the \$305.6 billion request made by the Reagan administration. The fiscal 1989 estimate of military spending is \$289.8 billion.

The proposed freeze will be for one year, with increases proposed in fiscal 1991, 1992 and 1993. Bush said that he would not sacrifice American preparedness or compromise strength.

"We have been fortunate in these last eight years," he told Congress. "America is a stronger nation than it was in 1980."

"Morale in our armed forces is restored. Our resolve has been shown. Our readiness has been improved. And we are at peace."

"There can no longer be any doubt that peace has been made secure through strength," he continued. "When America is stronger, the world is safer."

Officials at the Pentagon said that within 60 days, the secretary of defense will provide details on specific programs to be cut to meet the fiscal 1990 and

(Continued on page 14)



# Strep throat and Rheumatic fever

By Evelyn D. Harris  
American Forces Information  
Service

Rheumatic heart disease begins with a strep throat. Left untreated, the streptococcal infection can develop into rheumatic fever. From there, the disease develops, which damages the heart valves.

According to the Atlanta-based Centers for Disease Control, there has been an increase in cases of acute rheumatic fever over the past few years. Two relatively recent outbreaks involved military recruits at the Naval Training Center, San Diego, California, and at Fort Leonard Wood, Missouri.

Doctors at both sites prevented further cases by giving penicillin to all non-allergic recruits.

Rheumatic fever has also been on the increase in the civilian population, chiefly among children. The rate of rheumatic fever in the United States declined steadily from 1935 to 1980. However, over the past two or three years, six of the 24 states that report the disease have shown a twofold increase.

"Anyone with symptoms of a streptococcal infection should see a doctor, because a strep throat can lead to rheumatic fever," said Dr. Robert Breiman, a medical epidemiologist with the Centers for Disease Control.

Breiman said if you experience any or all of the

following, you may have a strep throat: sudden onset of a sore throat (particularly with painful swallowing); a sore throat that persists for a long time even if it is relatively mild; fever; tender, swollen glands under the jaw angle; headache; nausea; and vomiting. The symptoms can be of varying degrees of severity, but Breiman cautioned there is some evidence that even a mild strep infection can trigger rheumatic fever.

Laboratory tests can identify a streptococcal infection, but there's no specific lab test for rheumatic fever. Throat cultures, blood antibody tests and other blood tests are also used to discover if a recent strep infection could have triggered rheumatic fever.

According to the American Heart Association, the first symptoms of rheumatic fever are a high fever that lasts from 10 to 14 days and arthritic pain and soreness that moves from one joint to another. In acute attacks of rheumatic fever, the joints often swell and become red and hot.

A child suffering from rheumatic fever may have shortness of breath or chest pains -- symptoms that indicate the heart has been affected. Other signs: The child tires easily, eats poorly or is very pale. A doctor who examines the child may hear an abnormal heart murmur and find that the

heart is enlarged. Acute inflammation of the heart is a serious condition and requires direct and sometimes lengthy medical care.

People who have had rheumatic fever are more susceptible to further attacks and the risk of heart damage. They sometimes require continuous antibiotic treatment.

## Freeze(Cont. from page 13)

1991 budget limits. A spokesman said DoD fully supports the president's budget request and will work to ensure the cuts are made without endangering America's defense posture.

Bush asked Congress for multiyear procurement authority, a two-year budget cycle and legislation that will enable DoD to implement the Packard Commission recommendations.

Other proposals in the president's budget include:

- \* A 2 percent pay raise for civilians and 3.8 percent for the military.

- \* A one-year freeze in cost-of-living allowances for civil service and military retirees.

- \* More money for cleanup at the Energy Department's nuclear weapons plants.

The proposed federal budget is \$1.16 trillion. The changes proposed by Bush will enable his administration to meet deficit reduction targets.





## Accident summary

GOVERNMENT VEHICLE ACCIDENTS  
MARCH '89: None

Total vehicle accidents, FY 89: One  
Total vehicle accidents, FY 88: None

PERSONAL INJURIES GOVERNMENT  
EMPLOYEES - MARCH '89: Three

Total accidents for FY 89: Thirteen  
Total accidents for FY 88: Seventeen

A deckhand was standing on a board when he slipped and grabbed a handrail and strained his shoulder muscles.

An employee was picking up a bucket of tools and strained his back muscles.

An employee was picking up trash and strained his lower back muscles.

PERSONAL INJURIES CONTRACTOR  
EMPLOYEES - MARCH '89: None

Total accidents for FY 89: Three  
Total accidents for FY 88: Twenty-nine

LAKE FATALITIES: MARCH '89: One

A commercial fisherman died due to exposure after his boat capsized.

Total lake fatalities for FY 89: Two  
Wappapello Lake - 1

Rend Lake - 1

Total lake fatalities for FY 88: Six

Carlyle Lake - 3

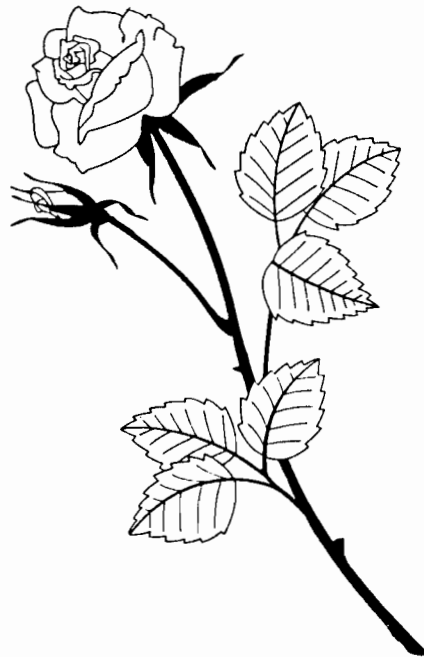
Wappapello Lake - 1

Lake Shelbyville - 1

Rend Lake - 1

## CAC Rose Sale!

Your CAC will offer  
roses for Secretary's Day,  
26 April.



Prices will be  
\$2 each or  
3 for \$5

See you in front of the building  
between 6:30 and 9:30 a.m.